

Appendix 3Y

Change of Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/09/01 Amended 01/01/11

Name of entity	Nutritional Growth Solutions Ltd
ABN	642 861 774

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

Name of Director	Stephen Turner
Date of last notice	24 January 2025

Part 1 - Change of director's relevant interests in securities

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

Direct or indirect interest	Direct and Indirect
Nature of indirect interest (including registered holder) <small>Note: Provide details of the circumstances giving rise to the relevant interest.</small>	Citicorp Nominees Pty Limited as custodian for Mr Stephen Turner*
Date of change	23 December 2025
No. of securities held prior to change	1,250,000 Ordinary Shares 75,000 Options, exercisable at \$1.75 per option, expiring 3 November 2031 750,000 Options exercisable at \$0.04 expiring 19 July 2027
Class	Ordinary Shares
Number acquired (direct)	2,107,692 Ordinary Shares

*1,250,000 Ordinary Shares were transferred from Mr Stephen Turner to Citicorp Nominees Pty Limited for administrative purposes. This transfer did not alter the director's beneficial interest and was not material for disclosure.

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Number disposed	Nil
Value/Consideration Note: If consideration is non-cash, provide details and estimated valuation	2,107,692 Ordinary Shares issued at \$0.03 per Share
No. of securities held after change Citicorp Nominees Pty Limited as custodian for Mr Stephen Turner	<u>Direct</u> 2,107,692 Ordinary Shares 75,000 Options, exercisable at \$1.75 per option, expiring 3 November 2031 750,000 Options exercisable at \$0.04 expiring 19 July 2027 <u>Indirect</u> 1,250,000 Ordinary Shares
Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back	Issue of Ordinary Shares following shareholders' approval at the EGM held on 23 December 2025.

Part 2 – Change of director's interests in contracts

Note: In the case of a company, interests which come within paragraph (ii) of the definition of "notifiable interest of a director" should be disclosed in this part.

Detail of contract	N/A
Nature of interest	N/A
Name of registered holder (if issued securities)	N/A
Date of change	N/A
No. and class of securities to which interest related prior to change Note: Details are only required for a contract in relation to which the interest has changed	N/A
Interest acquired	N/A

+ See chapter 19 for defined terms.

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Interest disposed	N/A
Value/Consideration <small>Note: If consideration is non-cash, provide details and an estimated valuation</small>	N/A
Interest after change	N/A

Part 3 – ⁺Closed period

Were the interests in the securities or contracts detailed above traded during a ⁺closed period where prior written clearance was required?	No
If so, was prior written clearance provided to allow the trade to proceed during this period?	N/A
If prior written clearance was provided, on what date was this provided?	N/A

⁺ See chapter 19 for defined terms.